

Public Health Solutions Summary

Counties	Average age	Education		Race / Ethnicity		
Filmore, Gage, Jefferson, Saline and Thayer	40.3 years	H.S Grad / GED or Higher	83.0%	White,non-Hispanic	95.7%	(55,373)
Total population	Median income	College Grad	15.0%	Minority	4.3%	(2,485)
57,858	\$36,317					

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the Public Health Solutions (PHS) area, two rates for the overall population were significantly better than Nebraska rates: the average number of times respondents ate food from restaurants was smaller and fewer adults reported ever being told they had asthma.
- Rates for four indicators were worse in this area than statewide. A smaller proportion of adults aged 50 and older reported ever having a colonoscopy or sigmoidoscopy. Fewer adults who had ever smoked cigarettes had quit and are now former smokers. The average distances to the nearest emergency room and to the emergency room at which respondents prefer to receive care are larger than the Nebraska averages.
- Women in the PHS area reported fewer days than Nebraska women overall when poor physical or mental health prevented their usual activities.
- For men in this area, one indicator showed a better rate—they averaged fewer times per week when they ate restaurant or fast food than men statewide. However, PHS men were less likely to have consumed fruits or vegetables the recommended five or more times per day and they were less likely to know the meaning of “Five-a-Day.”

Health-Related Quality of Life

- Among PHS area adults, 14.9% considered their general health “fair” or “poor.”
- PHS adults stated that their physical health was “not good” for 4.0 days in the past month. Respondents averaged 2.9 days in the past month when mental health was “not good.”
- Poor physical or mental health prevented PHS adults from participating in their usual activities an average of 3.7 days in the past 30 days. Women in the PHS area reported a significantly lower number of these days (2.3) than women statewide.

Health Care Access

- Among PHS residents aged 18 to 64 years, 11.4% reported having no health care coverage.
- Among PHS adults, 12.0% did not have a personal doctor or health care provider and 7.3% stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Nearly three-fourths of respondents in the area (73.4%) reported visiting a doctor for a routine checkup within the past year. Women in PHS (84.8%) were significantly more likely than men in the area (61.8%) to say they had a checkup in the last twelve months.
- The average distance from respondents’ homes to the closest emergency room (ER) was significantly higher in the PHS (9.0 miles) than the average for Nebraska.
- In this area, the average distance to the ER at which respondents preferred to receive care was 19.7 miles (more than twice the average distance to the closest ER and significantly higher than the Nebraska average).
- More than one-half of PHS adults (58.2%) reported no problems or barriers to getting medical care, other than cost.
- Among PHS residents who reported a problem getting medical care (other than cost), work (19.9%), long waits (17.0%), and not having insurance (11.1%) were mentioned most frequently.
- PHS residents most often cited a doctor (42.7%) as their primary source of information on health issues or illness. The newspaper (13.0%) and the Internet (9.9%) were also mentioned frequently.

Cardiovascular Disease

- Nearly one in ten PHS adults (9.7%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.
- In the PHS area, 34.5% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the PHS area were much more likely to identify cardiovascular disease (83.1%) than they were to identify stroke (47.5%) as something untreated high blood pressure can lead to.
- The majority of PHS respondents (76.3%) had their cholesterol level checked during the last five years.
- Among PHS respondents who ever had their blood cholesterol level checked, 37.9% had been told it was high.
- During the past year, 15.7% of PHS adults were certified to perform CPR.

Diabetes

- Among PHS residents, 5.9% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- Two-thirds of PHS women aged 40 or older (68.6%) reported having a mammogram in the past two years.
- Three in ten adults aged 50 or older in this area (30.9%) had a blood stool test in the past two years.
- Compared to Nebraska overall, a significantly smaller proportion of adults aged 50 or older in the PHS area (39.9%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- In the PHS area, 8.5% of adults had ever been told they had asthma, while 7.4% currently have this disease. The proportion that had ever been told they have this disease was significantly lower in PHS than statewide.

Overweight and Obesity

- More than two-thirds of PHS adults (69.6%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as “obese”—25.8% in the PHS area.
- Women in the PHS area (58.9%) were significantly less likely than men in the area (79.9%) to be categorized as overweight or obese.

Tobacco Use

- One in every six PHS adults (16.4%) currently smokes cigarettes, either daily or on some days of the month.
- Compared to Nebraska overall, a significantly lower proportion of adults in this area (18.9%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke). Women in PHS (12.3%) were significantly less likely than women statewide and significantly less likely than men in this area (25.7%) to state that they are former smokers.
- Among current smokers in the PHS area, 42.7% reported trying to quit smoking during the past year.
- Nearly three-fourths of the adults in this area (73.6%) said they have rules prohibiting smoking anywhere in their homes. Among PHS adults who work indoors most of the time, 88.9% stated that their workplace’s smoking policy does not allow smoking in any work areas.

Physical Activity and Sedentary Behaviors

- More than one-fourth of adults in the PHS area (26.9%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 48.1% of area respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.

- Among PHS adults aged 18 and older, 46.1% reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- Less than one-fourth of PHS respondents (23.4%) consumed fruits and vegetables the recommended five or more times per day. Men in this area (10.0%) were significantly less likely than men statewide to consume these foods at least five times daily. They were also significantly less likely than women in the PHS area (36.3%) to eat fruits and vegetables this frequently.
- Four in ten PHS adults (39.5%) were knowledgeable about what “Five-a-Day” means, with women (55.5%) significantly more likely than men (23.0%) to know what this phrase means. Men in the PHS area were also significantly less likely than men statewide to be knowledgeable about “Five-a-Day.”
- Less than one-fifth of area respondents (18.0%) reported consuming dairy products three or more times daily.
- On average, PHS adults ate food from restaurants or fast food shops significantly less often (1.7 times per week) than Nebraskans overall. Men in the area reported a significantly smaller number of times per week (1.8) when they ate out than men statewide.
- Only one-third of respondents (31.4%) rated foods at community events in the PHS area as “always” or “almost always” healthy. However, the majority of respondents (57.4%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- Only about one-fifth of respondents (21.4%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- In the PHS area, 52.8% of adults reported consuming at least one drink of alcohol in the past 30 days.

Injury

- About one in six adults in the area (16.0%) said they had fallen in the past three months. Of those who had fallen, more than one-half (51.7%) were injured by the fall.
- The majority of PHS respondents (83.2%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 40.9% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

Immunization

- Among PHS residents aged 18 and older, 34.7% got a flu vaccination during the past year.

Oral Health

- Two-thirds of PHS adults (66.9%) saw a dentist or visited a dental clinic in the past year.

Women’s Perceptions of Health Threats and Causes of Death

- Four out of ten women in the area (40.3%) identified cancer as the leading health problem facing women today.
- Only 15.2% of women in this area consider heart disease or heart attack the leading health problem facing women today. However, 51.9% identified heart disease/attack as the leading cause of death for all women.

Social Context

- Few PHS adults (5.8%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 12.2% of PHS respondents reported it is “somewhat” or “very unsafe.”

Public Health Solutions: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	419	14.9%	Non-Sig	169	14.2%	Non-Sig	250	15.5%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	413	4.0	Non-Sig	169	3.9	Non-Sig	244	4.0	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	411	2.9	Non-Sig	171	3.0	Non-Sig	240	2.8	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	199	3.7	Non-Sig	61	5.9	Non-Sig	138	2.3	Lower	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	270	11.4%	Non-Sig	111	11.5%	Non-Sig	159	11.3%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	423	12.0%	Non-Sig	171	18.2%	Non-Sig	252	5.9%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	423	7.3%	Non-Sig	171	6.4%	Non-Sig	252	8.2%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	417	73.4%	Non-Sig	170	61.8%	Non-Sig	247	84.8%	Non-Sig	Yes
5. Average distance in miles from home to the ER closest to home	421	9.0	Higher	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	413	19.7	Higher	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	419	58.2%	Non-Sig	169	58.6%	Non-Sig	250	57.7%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	157	1) Work (19.9%)		2) Long Wait (17.1%)		3) No Insurance (11.1%)		(Other= 20.9%)	
	Men	62	1) Work (16.6%)		2) No Day Care (15.7%)		3) Long Wait (14.3%)		(Other= 26.9%)	
	Women	95	1) Work (23.0%)		2) Long Wait (19.7%)		3) No Insurance (11.6%)		(Other= 15.2%)	
9. Primary source for getting information on health issues or illness										
	Overall	406	1) Doctor (42.7%)		2) Newspaper (13.0%)		3) The Internet (9.9%)		(Other= 5.4%)	
	Men	163	1) Doctor (36.0%)		2) TV (13.2%)		3) Family/Friends (12.1%)		(Other= 9.0%)	
	Women	243	1) Doctor (49.2%)		2) Newspaper (15.0%)		3) The Internet (11.8%)		(Other= 1.9%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	419	9.7%	Non-Sig	170	11.2%	Non-Sig	249	8.2%	Non-Sig	No
2. Ever told blood pressure was high	422	34.5%	Non-Sig	170	40.4%	Non-Sig	252	29.0%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	422	47.5%	Non-Sig	170	38.4%	Non-Sig	252	56.3%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	422	83.1%	Non-Sig	170	80.0%	Non-Sig	252	86.1%	Non-Sig	No
5. Had cholesterol checked during the past five years	413	76.3%	Non-Sig	169	70.2%	Non-Sig	244	82.3%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	355	37.9%	Non-Sig	141	39.5%	Non-Sig	214	36.4%	Non-Sig	No
7. Were CPR certified during the past year	422	15.7%	Non-Sig	171	16.1%	Non-Sig	251	15.3%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	423	5.9%	Non-Sig	171	5.9%	Non-Sig	252	5.9%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	189	68.6%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	249	30.9%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	254	39.9%	Lower	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	423	8.5%	Lower	171	7.4%	Non-Sig	252	9.5%	Non-Sig	No
2. Currently has asthma	423	7.4%	Non-Sig	171	6.2%	Non-Sig	252	8.6%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	402	69.6%	Non-Sig	170	79.9%	Non-Sig	232	58.9%	Non-Sig	Yes
2. Obese (BMI 30+)	402	25.8%	Non-Sig	170	29.9%	Non-Sig	232	21.4%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	422	16.4%	Non-Sig	171	15.0%	Non-Sig	251	17.8%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	422	18.9%	Lower	171	25.7%	Non-Sig	251	12.3%	Lower	Yes
3. Current smokers who tried to quit during the past year	66	42.7%	Non-Sig	^	^	---	^	^	---	---
4. Smoking not allowed in home	423	73.6%	Non-Sig	171	75.5%	Non-Sig	252	71.7%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	186	88.9%	Non-Sig	58	84.9%	Non-Sig	128	91.6%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	421	26.9%	Non-Sig	161	29.6%	Non-Sig	251	24.3%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	371	48.1%	Non-Sig	145	44.6%	Non-Sig	226	51.5%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	412	46.1%	Non-Sig	167	45.4%	Non-Sig	245	46.7%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	423	23.4%	Non-Sig	171	10.0%	Lower	252	36.3%	Non-Sig	Yes
2. Knowledgeable about what '5 a day' means	422	39.5%	Non-Sig	171	23.0%	Lower	251	55.5%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	422	18.0%	Non-Sig	170	17.7%	Non-Sig	252	18.4%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	419	1.7	Lower	169	1.8	Lower	250	1.7	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	422	31.4%	Non-Sig	171	31.6%	Non-Sig	251	31.1%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	414	57.4%	Non-Sig	166	52.6%	Non-Sig	248	61.9%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	415	21.4%	Non-Sig	166	18.6%	Non-Sig	249	24.1%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	423	52.8%	Non-Sig	171	64.0%	Non-Sig	252	41.9%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	422	16.0%	Non-Sig	170	19.5%	Non-Sig	252	12.7%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	64	51.7%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	423	83.2%	Non-Sig	171	77.1%	Non-Sig	252	89.1%	Non-Sig	No
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	77	40.9%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	423	34.7%	Non-Sig	171	30.0%	Non-Sig	252	39.3%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	416	66.9%	Non-Sig	167	63.6%	Non-Sig	249	70.2%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	252	40.3%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	252	15.2%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	252	51.9%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	418	5.8%	Non-Sig	169	6.2%	Non-Sig	249	5.4%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	419	12.2%	Non-Sig	168	11.6%	Non-Sig	251	12.8%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

^d Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005